

Social, environmental and economic factors have a major influence on what makes people healthy. As we follow social distancing and quarantine orders amidst the coronavirus pandemic, the effects of social determinants of health are increasingly apparent, especially for those experiencing loneliness and social isolation. By addressing health-related social needs, like promoting social connection, we can contribute toward positive health outcomes.

## Loneliness and social isolation can happen to anyone

### LONELINESS CAN HAPPEN WHEN WE DON'T HAVE ENOUGH MEANINGFUL CONNECTIONS



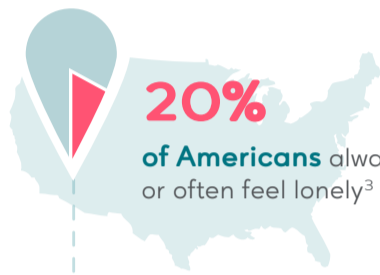
#### Common causes of loneliness:

losing a loved one, stress, anxiety and depression, memory loss, isolation after surgery, drugs and alcohol use, hearing and vision problems<sup>1</sup>



47%

Loneliness affects nearly half of adults<sup>2</sup>



#### Often feel lonely<sup>4</sup>

30%

Millennials

20%

Gen X

15%

Baby Boomers

### SOCIAL ISOLATION OCCURS WHEN WE DON'T HAVE ENOUGH OPPORTUNITIES TO INTERACT WITH OTHERS

2.5 M

of people living in rural areas don't have nearby friends or family<sup>5</sup>

## Loneliness and social isolation can pose negative physical and mental health risks

29%

of lonely people have an **increased risk of premature death**<sup>6</sup>



Experts say that the health effects of prolonged isolation and loneliness **can be as dangerous as obesity<sup>7</sup> or smoking**



Loneliness and social isolation cause **higher risk of heart disease and a lower immune system**<sup>8</sup>



6.7B

Medicare spends each year as a result of people being socially isolated<sup>11</sup>

Lonely seniors are



3.4X more at risk of depression<sup>10</sup>



2X more at risk of Alzheimer's disease<sup>10</sup>

64%

of lonely people have an **increased risk of dementia**<sup>9</sup>

## Many resources exist to help combat loneliness and social isolation



**FarFromAlone.com** offers information about how to help reduce loneliness and social isolation for yourself or a loved one

CRISIS TEXT LINE

The **Crisis Text Line** is a free, 24/7 resource that connects those in crisis with a counselor in the U.S. by texting 741741



**The UnLonely project** offers tools, resources and programs for the reduction of loneliness through creative expression for impacted populations

papa

**Papa** connects young adults with lonely seniors, providing companionship, housework help, transportation support, health checks and more

<sup>1</sup> Humana, 2019

<sup>2</sup> MDLinx, January 2019

<sup>3</sup> Kaiser Family Foundation, August 2018

<sup>4</sup> YouGov, July 2019

<sup>5</sup> NPR, May 2019

<sup>6</sup> Humana Population Health, 2020

<sup>7</sup> Perspectives on Psychological Science, March 2015

<sup>8</sup> NCBI, March 2018

<sup>9</sup> Humana Population Health, 2020

<sup>10</sup> Silver Line Organization, December 2018

<sup>11</sup> AARP, November 2017